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#### ABSTRACT

A unit (1) for packaging and dispensing a liquid or semi-liquid product includes a body (10) with an axis X, forming a reservoir (12) for the liquid or semi-liquid product, the reservoir (12) being surmounted by a pump (30) actuable by an actuating element (34). The product emerges through at least one opening arranged in an outlet element (9) connected to the pump (30) by a conduit (41) forming a flexible connection. The outlet element (9) is held substantially immovably in position on a fixed portion (51) of the body (10) surmounting the reservoir (12), the actuating element (34) being independently mounted relative to the fixed portion (51) of the body (10).